

Cheerful Caregivers Supply Care and Comfort

Shirley Scott, of Fergus Falls, is a trained LSS caregiver respite volunteer who visits three elderly women who live nearby to provide a much-needed break for the adult children who care for them. Shirley knows, firsthand, how tired and overwhelmed caregivers can become. She, too, had cared for her own mother, who had Alzheimer's disease, and a brother, with Down syndrome, before they died.



"I wish there had been a service like this for our family," she said.

Evelyn Swedberg, who turns 90 next April, loves the company. "It's made a different life entirely for me," Evelyn said. "I had nothing to do before but sit in my corner watching TV. That gets boring. Shirley comes quite often. We visit over coffee, go for a drive, or do some baking. Shirley is quite a good cook!"

Her daughter, Susan Adelman, is grateful for the helping hand. "It's nice knowing there is another person checking up on her and being a friend to my mom. Having a friendly visitor cheers her up and helps me out, too." Unfortunately, family caregivers don't often see themselves as caregivers or recognize their need for help.

Some caregivers provide care to a frail parent or family member with a disability 24 hours a day, seven days a week, by helping them to get up, dress in the morning, prepare meals, get to medical appointments, participate in social activities and care for bills. Other caregivers may not live with elderly parents or family members who need help, but they worry about them or have varied tasks, such as getting them to appointments, helping them manage bills or checking in on them to make sure everything is okay. In either scenario, care giving can be exhausting and overwhelming.

The LSS Caregiver Respite Service is now offered in 31 Minnesota counties. Caregivers are screened and receive ongoing training and education to provide non-medical care in homes

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“Hope deferred makes the heart sick, but a longing fulfilled is the tree of life.” - Proverbs 13:12

At Lutheran Social Service, we see many people looking for hope. That search leads in many directions, youth seeking shelter, seniors looking for a nutritious meal, refugees looking for a fresh start in a new country, couples looking for a child to adopt, and counseling for a financial crisis. Each of these people feels a burden that makes their heart ache.

Our mission is to ease that burden by providing hope and avenues to fulfill their specific need. It is our joy to work with each individual who comes to one of our services looking for help and hope. In fact, LSS has come to regard our entire mission as itself a movement – a Movement of Hope.

It is our goal that each individual feels Christ’s love in the midst of the situation we are helping them with. With their needs met, those we serve take a step closer to being a “tree of life,” someone more fulfilled, in a position to employ their own assets as part of their community.

We are grateful for the opportunity to provide hope for more than 100,000 people every year and help them fulfill their longings. We offer a wide variety of social services throughout the state of Minnesota. Our services include:

- Adoption
- Assisted Living
- Disaster Relief
- Financial Counseling
- Housing
- Mental Health Counseling
- Refugee Services
- Senior Services
- Services for People with Developmental Disabilities
- Youth Services

For more information about LSS and any specific service, please visit our website at: www.lssmn.org.



Lutheran Social Service of Minnesota serves all people regardless of race, color, creed, religion, national origin, sex, sexual orientation, handicap or age.

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